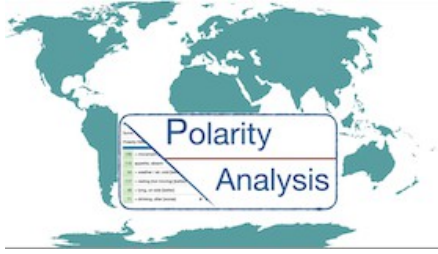


Polarity Analysis

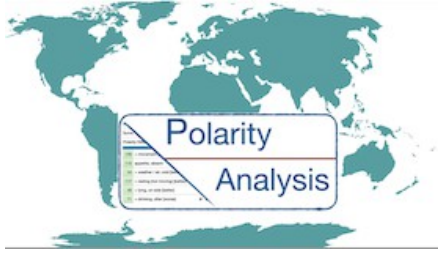
Foundations Intensive

Session 1 of 6



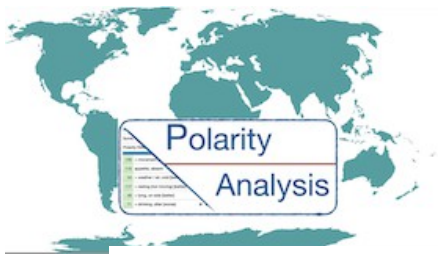
PA Foundations Intensive Course Overview (6 sessions)

- Webinar (1): Core Concepts, PA software and questionnaires
- Meeting (2): Discussion Q&A using the software
- Webinar (3): PA Text review and cases
- Webinar (4): Methodology, Case work, Practical Guidance
- Meeting (5): Discussion Q&A method and cases
- Webinar (6): PA Text review, research, and cases



Course Materials

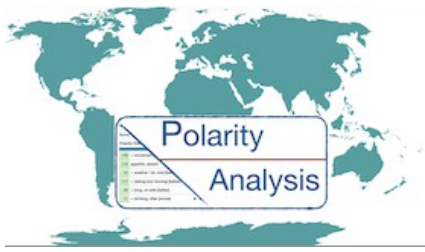
- Text: Polarity Analysis in Homeopathy (Heiner Frei)
- Software: www.polarity-analysis.com
- All sessions are recorded; access for 12 months
- ACHENA CEU 10 hrs available after course completion



Teaching Team

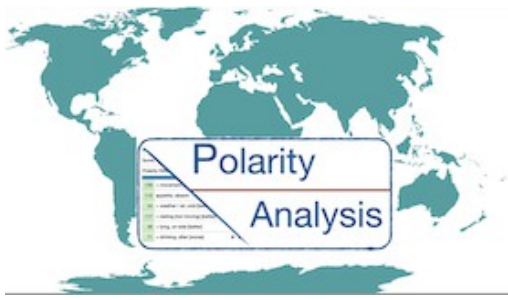


- Tim Shannon, ND, DHANP
- Mike Knapp, ND, DHANP
- Karen Allen, LHP
- Contact: polarityanalysis@icloud.com



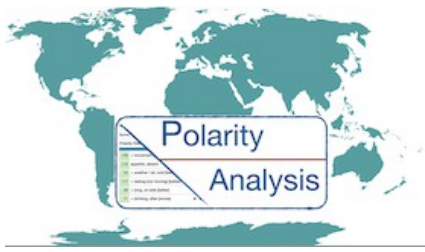
What Do Homeopaths Want?

- We want clients to work with us
- We want those clients to get well
- We want to work efficiently with the time we invest
- Key: What assures the most reliable results for clients?
- Key: What data do we USE or ignore?
- Key: What data will best show an accurate remedy match?



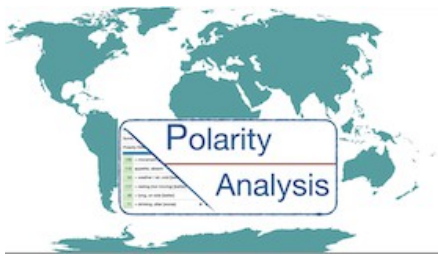
Polarity Analysis: a Method

- Based on Boenninghausen's Therapeutic Pocketbook
 - Contemporary and close ally to Hahnemann
 - Published a book of 600+ cured cases of epilepsy
 - Created his own repertory, which Hahnemann preferred to use
 - Developed an important awareness about symptoms
 - **The most reliable symptoms** upon which to select a remedy were expressed through the general experience of the organism



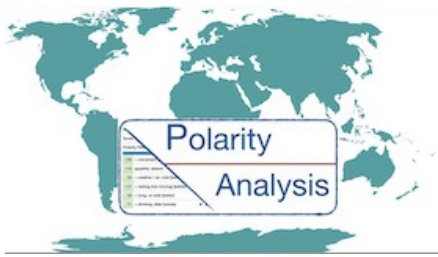
Boenninghausen and Dissociation

- Boenninghausen looked at symptoms differently
- Expression of the disturbance of the organism
- A symptom has components
 - Burning pain in abdominal lower R quadrant, worse during stool
 - Sensation (burning)
 - Location (abdomen LRQ)
 - Modality (< passing stool)
- Combined (like Kent) vs Components (Like BNG)
- Boenninghausen extrapolated characteristic components



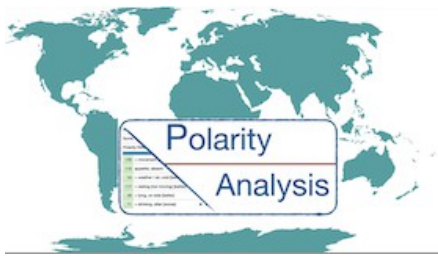
What is a Polar Symptom

- Polar symptom:
 - Symptoms that can have an opposite
 - Examples: Thirstless / Thirsty
 - Examples: Better from Movement / Worse from Movement
 - Marked with a **P** in the PA software
- Remedy materia medica **OFTEN** includes **BOTH** poles
 - Both poles of a symptom may be present in materia medica
 - One will generally appear more strongly than the other
 - True healing happens only with the **STRONGER** pole



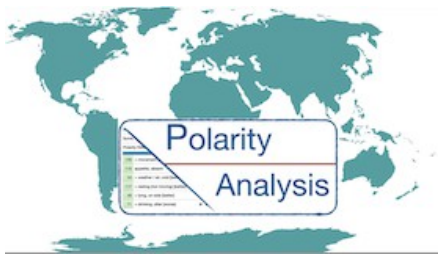
Using Poles to Predict Contraindications

- Polar symptoms allow us to see:
 - Client symptoms on the axis of a polarity
 - Examples: Thirstless / Thirsty
 - Our client is THIRSTLESS
- Remedy with strong pole of THIRSTY is contraindicated
 - PA marks these with **#/CI**
 - The symptom is not well matched to the client's remedy
 - We save time / effort by knowing this is not a good option



Boenninghausen, Polarity and Heiner Frei

- Heiner Frei, Swiss Homeopath, studied / used Boenninghausen's work for decades
 - Convinced it was therapeutically accurate
 - Expanded Boenninghausen's approach, numerical analysis
 - Gradually captured in PA software
 - Completed research studies showing an 84% success rate



Engaging Client with Questionnaire

- We need accurate data from client
 - Symptoms not observed
 - Modalities not tested or evaluated
 - Concomitants present but unremarked
 - Heiner developed / implemented Questionnaire
 - Clients observe their experience and note it

Polarity Analysis: Checklist of reliable Symptoms

Last Name, First Name:

Date:

Diagnosis, Primary and Secondary Symptoms (description):

Mark between 8 and 16 important symptoms that pertain to the current disease.
Symptoms are changes during a disease that differ from the healthy state.
The symptoms marked in Yellow are especially important and must always be asked.

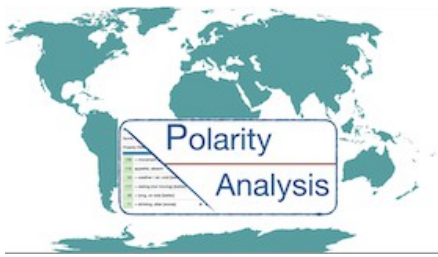
Air/Weather/Temperature/Wrapping		
Desire for open air	Increased	Diminished
Open air	Improves	Aggravates
Room	Improves	Aggravates
Weather / air, wet, damp	Improves	Aggravates
Weather / air, dry	Improves	Aggravates
Weather / air, cold	Improves	Aggravates
Weather / air, wet-cold		Aggravates
Weather / air, warm	Improves	Aggravates
Cold in general	Improves	Aggravates
Cold, when getting cold	Improves	Aggravates
Warmth, in general	Improves	Aggravates
Warmly, from wrapping up	Improves	Aggravates
Uncovering	Improves	Aggravates
Position		
Lying position	Improves	Aggravates
Lying, on back	Improves	Aggravates
Lying, on side	Improves	Aggravates
Lying, on right side	Improves	Aggravates
Lying, on left side	Improves	Aggravates
Lying, on painful side	Improves	Aggravates
Lying, on pain-free side	Improves	Aggravates
Sitting	Improves	Aggravates
Sitting, bent over	Improves	Aggravates
Standing	Improves	Aggravates
Lying down, after	Improves	Aggravates
Rising from bed, after getting up	Improves	Aggravates
Rising from seat, after	Improves	Aggravates
Hang down, letting arm/leg	Improves	Aggravates
Movement		
Resting (not moving)	Improves	Aggravates
Movement	Desire	Aversion
Movement	Improves	Aggravates
Movement, of affected parts	Improves	Aggravates
Walking	Improves	Aggravates
Running, jogging		Aggravates
Stepping hard		Aggravates
Physical effort		Aggravates

Movement (contd.)		
Raising affected limb	Improves	Aggravates
Stretching out affected limb	Improves	Aggravates
Bending over, while	Improves	Aggravates
Sitting down, while	Improves	Aggravates
Rising from bed, while getting up	Improves	Aggravates
Rising from seat, while	Improves	Aggravates
Writing		Aggravates
Traveling (bouncing) in a car		Aggravates
Perception		
Light (bright)		Aggravates
Looking, eyes strained		Aggravates
Reading		Aggravates
Touch		Aggravates
Pressure, external	Improves	Aggravates
Rubbing	Improves	Aggravates
Head		
Warmly, from wrapping up head	Improves	Aggravates
Shaking head		Aggravates
Sneezing		Aggravates
Teething, during, in children		Aggravates
Talking, speaking		Aggravates
Mental effort		Aggravates
Eating and Drinking		
Swallowing	Improves	Aggravates
Chewing		Aggravates
Eating, before		Aggravates
Eating, during	Improves	Aggravates
Eating, after	Improves	Aggravates
Change of appetite	Hunger	No appetite
Desire to drink	Thirst	Thirst absent
Before breakfast, fasting	Improves	Aggravates
After breakfast	Improves	Aggravates
Food and drink, cold things	Improves	Aggravates
Food and drink, warm things	Improves	Aggravates
Drinking, while		Aggravates
Drinking, after		Aggravates



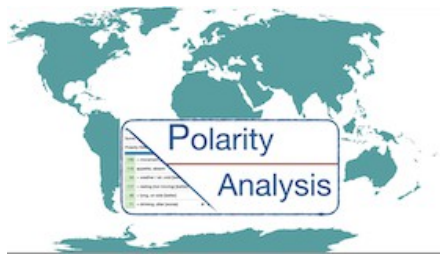
Eating and Drinking (contd.)		
Alcohol		Aggravates
Coffee		Aggravates
Milk		Aggravates
Saliva	Increased	Diminished
Breathing		
Breathing		Quickened
Breathing, in (inspiration)		Aggravates
Breathing, out (expiration)		Aggravates
Heart-Circulation		
Pulse	Too fast	Too slow
Pulse	Hard	
Digestive Tract		
Eruptions (burping)	Improves	Aggravates
Stool, before		Aggravates
Stool, during		Aggravates
Stool, after	Improves	Aggravates
Flatus, after discharge of	Improves	
Gynecology/Urology		
Menstruation	Too often	To rare
Menstruation	Too short	Too long
Menstruation	Profuse	Too weak
Menstruation, blood, clotted (lumpy)		Present
Menstruation worse	Before	At start
Menstruation worse	During	After
Sexual instinct	Strong	Weak
Menstruation, blood, acrid		Present
Urination	Scanty	Profuse
Urination	Frequent	Infrequent

Sleep		
While falling asleep		Aggravates
Sleep, during		Aggravates
While/after waking up		Aggravates
Mind and Intellect		
Irritability (anger, aggression)		Unusal
Sadness (dejection, inclined to weep)		Unusal
Solitude, being alone	Improves	
Company of people		Aggravates
Consolation		Aggravates
Grinding teeth		Present
Understanding		Difficult



Advantages

- Reliable outcomes
 - Closed system with limited materia medica
 - High level of cooperation with client / practitioner
 - Software highlights polarities / contraindications
 - Time efficient / Accurate



Wait... What... How Many Remedies?

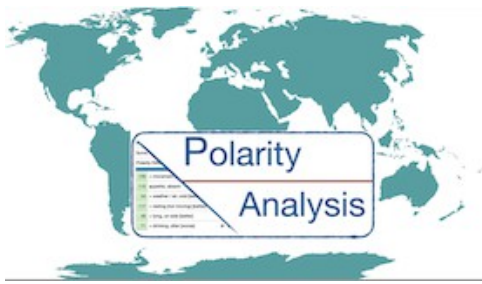
- Limited materia medica set to work with
 - Pro: attainable set to learn and understand
 - Con: how can I live without....
 - Reality check: do we really know the remedies?
 - We learn MatMed at Boenninghausen's knee
- Did we mention that the abbreviations are unusual?

Polarity Analysis Materia Medica List (Note differences in Abbreviations)

Acon Aconitum napellus	Asar Asarum europeum	Carb-ac Carbolicum acidum	Cycl Cyclamen europeum	Kali-c Kali carbonicum
Agar Agaricus muscarius	Aur Aurum metallicum	Carb-v Carbo vegetabilis	Dig Divitalis purpurea	Kali-n Kali nitricum
Agn-c Agnus castus	Bar-c Baryta carbonicum	Caust Causticum	Dros Drosera rotundifolia	Kreos Kreosotum
Alum Alumina	Bell Belladonna	Cham Chamomilla	Dulc Dulcamara	Lach Lachesis mutus
Am-c Ammonium carbonicum	Bism Bismuthum oxidum	Chel Chelidonium majus	Eupho Euphorbium	Laur Laurocerasus
Am-m Ammonium muriaticum	Borx Borax venata	Chin China officinalis	Euphr Euphrasia officinalis	Led Ledum palustre
Ambr Ambra grisea	Bov Bovista	Cic Cicuta virosa	Ferr Ferrum metallicum	Lyc Lycopodium clavatum
Anac Anacardium orientale	Brom Bromium	Cina Cina	Fl-ac Fluoricum acidum	M-arc Magnetis polus arcticus
Ang Angustura vera	Bry Bryonia alba	Clem Clematis erecta	Graph Graphites	M-aus Magnetis polis australis
Ant-c Antomonium crudum	Calad Caladium seguinum	Cocc Cocculus indicus	Guaj Guaiacum / Guajacum	M-amb Magnetis polis ambo
Ant-t Antimonium tartaricum	Calc Calcareea carbonica	Coff Coffea cruda	Hell Helleborus niger	Mag-c Magnesium carbonicum
Ap Apium graveolum	Camph Camphora	Colch Colchicum autumnale	Hep Hepar sulphuris calcareum	Mag-m Magnesium muriaticum
Arg Argentum metallicum	Cann-s Cannibus sativa	Coloc Colocynthis	Hyos Hyoscyamus niger	Mang Manganum
Arn Arnica montana	Canth Cantharis	Con Conium maculatum	Ign Ignatia amara	Meny Menyanthes
Ars Arsenicum album	Caps Capsicum annum	Croc Crocus sativus	Iod Iodum	Merc-c Mercurius corrosivus
Asaf Asafoetida	Carb-a Carbo animalis	Cupr Cuprum metallicum	Ip Ipecacuanha	Merc Mercurius vivus

Polarity Analysis Materia Medica List (Note differences in Abbreviations)

Mez Mezerium	Plb Plumbum metallicum	Sep Sepia officinale	Valer Valeriana officinalis	
Mill Millefolium	Psor Psorinum	Sil Silicea	Verat Veratrum album	
Mosch Moschus	Puls Pulsatilla	Spig Spigelia anthelmia	Verb Verbascus thapsus	
Mur-ac Muriaticum acidum	Ran-b Ranunculus bulbosa	Spong Spongia tosta	Viol-o Viola odorata	
Nat-c Natum carbonicum	Ran-s Ranunculus sceleratus	Scill / Squil Scilla / Squilla maratima	Viol-t Viola tricolor	
Nat-m Natum muriaticum	Rheum Rheum officinale	Stann Stannum metallicum	Zinc Zincum metallicum	
Nit-ac Nitricum acidum	Rhod Rhododendron chrysanthum	Staph Staphysagria		
Nux-m Nux moschata	Rhus Rhus toxicodendron	Stram Stramonium datura		
Nux-v Nux vomica	Ruta Ruta graveolens	Stront Strontium carbonicum		
Oind Oleander	Sabad Sabadilla	Sul-ac Sulphuricum acidum		
Op Opium	Sabin Sabina	Sulph Sulphur		
Par Paris quadrifolia	Samb Sambucus nigra	Symph Symphytum officinale		
Petr Petroleum	Sars Sarsaparilla	Tabac Tabacum		
Ph-ac Phosphoricum acidum	Sec-c Secale cornutum	Tarx Taraxicum		
Phos Phosphorus	Selen Selenium	Teucr Teucrium marum verum		
Plat Platina metallicum	Seneg Senega	Thuj Thuja occidentalis		



Let's Go to the PA Software

Polarity Analysis

[Login](#)

POLARITY ANALYSIS

Accurate homeopathic remedy selection

Original Software by Heiner Frei

Sign Up

First Name

Last Name

Email

Choose a password

Language:

- Deutsch English Español Français
 Italiano Polski Português Rumano
 Srpski Slovenčina Türkçe čeština

Sign Up

[I already have an account](#)

Polarity Analysis: Green (high reliability) Rubrics to Learn

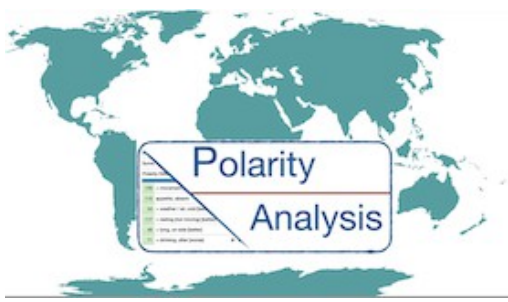
Remedy Count	Modifier or Condition	Polarity	Your Notes
64	irritability (anger, aggression)	P	
61	sadness (dejection, inclined to weep)	P	
74	understanding, difficult	P	
74	eyes, pupils dilated	P	
61	eyes, pupils contracted	P	
115	appetite, absent	P	
99	hunger	P	
99	thirst	P	
86	thirst, absent	P	
91	urination, scanty	P	
99	urination, profuse	P	
90	urination, frequent	P	
68	urination, infrequent	P	
55	sexual instinct, weak	P	
82	sexual instinct, strong	P	
84	menstruation, too early, too often	P	
69	menstruation, late, too seldom	P	
29	menstruation, too short duration	P	
49	menstruation, too long duration	P	
66	menstruation, too weak	P	
80	menstruation, profuse	P	
92	breathing, quickened	P	
58	movement, desire for	P	
68	movement, aversion to	P	
61	obesity		
86	air, aversion to open air	P	
76	air, desire for open air	P	
15	bones, fractures, healing slow		
80	pulse, quick	P	
43	pulse, slow	P	
37	heat, with inclination to uncover	P	
55	heat, with aversion to uncover	P	

37	perspiration, with inclination to uncover	P	
55	perspiration, with aversion to uncover	P	
65	< mental effort [worse]	P	
70	< physical effort [worse]	P	
79	< rising from bed, while getting up [worse]	P	
80	< rising from bed, after getting up [worse]	P	
70	< rising from seat, while [worse]	P	
10	< rising from seat, after [worse]	P	
34	< eructations (burping) [worse]	P	
68	< stepping hard [worse]	P	
65	< stretching out affected limb [worse]	P	
121	< touch [worse]	P	
126	< movement [worse]	P	
54	< movement, of affected parts [worse]	P	
108	< bending over, while [worse]	P	
93	< pressure, external [worse]	P	
37	< warmly, from wrapping up [worse]	P	
99	< while falling asleep [worse]	P	
56	< uncovering [worse]	P	
111	< while/after waking up [worse]	P	
66	< eating, before [worse]		
91	< eating, during [worse]	P	
121	< eating, after [worse]	P	
110	< open air [worse]	P	
48	< after breakfast [worse]	P	
126	< walking [worse]	P	
118	< walking, in open air [worse]	P	
54	< walking, fast [worse]	P	
47	< food and drink, cold things [worse]	P	
52	< food and drink, warm things [worse]	P	
27	< hang down, letting arm/leg [worse]	P	
60	< raising affected limb [worse]	P	
44	< bending affected limb [worse]	P	
90	< cold in general [worse]	P	

88	< weather / air, cold [worse]	P	
78	< cold, when getting cold [worse]	P	
32	< warmly, from wrapping up head [worse]	P	
45	< uncovering head [worse]	P	
71	< shaking head [worse]	P	
54	< running, jogging [worse]	P	
69	< reading [worse]	P	
80	< light (bright) [worse]	P	
125	< lying position [worse]	P	
124	< lying, in bed [worse]	P	
48	< lying, on back [worse]	P	
50	< lying, on side [worse]	P	
29	< lying, on right side [worse]	P	
33	< lying, on left side [worse]	P	
80	< lying, on painful side [worse]	P	
25	< lying, on pain-free side [worse]	P	
112	< lying down, after [worse]	P	
39	< sitting down, while [worse]	P	
47	< sneezing [worse]	P	
57	< before breakfast, fasting [worse]	P	
44	< rubbing [worse]	P	
102	< resting (not moving) [worse]	P	
113	< sleep, during [worse]	P	
58	< sleep, after [worse]	P	
93	< swallowing [worse]	P	
76	< writing [worse]	P	
85	< looking, eyes strained [worse]	P	
126	< sitting [worse]	P	
43	< sitting, erect [worse]	P	
42	< sitting, bent over [worse]	P	
77	< talking, speaking [worse]	P	
107	< standing [worse]	P	
93	< room [worse]	P	
54	< warmth, of room or stove [worse]	P	

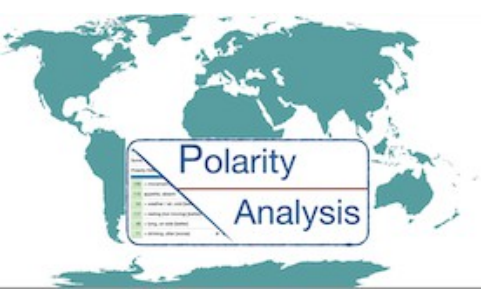
71	< drinking, after [worse]	P	
73	< warmth, in general [worse]	P	
44	< weather / air, warm [worse]	P	
67	< warm, becoming heated in bed [worse]	P	
68	< warm, becoming heated in open air [worse]		
42	< water and washing [worse]	P	
58	< weather / air, wet, damp [worse]	P	
28	< weather / air, dry [worse]	P	
41	> rising from bed, while [better]	P	
124	> rising from bed, after [better]	P	
27	> rising from seat, while [better]	P	
106	> rising from seat, after [better]	P	
36	> eyes, opening [better]	P	
24	> eyes, closing [better]	P	
44	> stretching out affected limb [better]	P	
102	> movement [better]	P	
43	> movement, of affected parts [better]	P	
74	> pressure, external [better]	P	
74	> darkness [better]	P	
56	> warmly, from wrapping up [better]	P	
37	> uncovering [better]	P	
28	> sleep, after; while waking up [better]	P	
54	> eating, during [better]	P	
52	> eating, after [better]	P	
93	> open air [better]	P	
58	> after breakfast [better]	P	
102	> walking [better]	P	
77	> walking, in open air [better]	P	
53	> food and drink, cold things [better]	P	
42	> food and drink, warm things [better]	P	
60	> hang down, letting arm/leg [better]	P	
27	> raising affected limb [better]	P	
61	> bending affected limb [better]	P	
73	> cold in general [better]	P	

44	> weather / air, cold [better]	P	
74	> cold, when getting cold [better]	P	
45	> warmly, from wrapping up head [better]	P	
32	> uncovering head [better]	P	
106	> lying position [better]	P	
103	> lying, in bed [better]	P	
50	> lying, on back [better]	P	
46	> lying, on side [better]	P	
24	> lying, on painful side [better]	P	
78	> lying, on pain-free side [better]	P	
32	> lying, on right side [better]	P	
30	> lying, on left side [better]	P	
100	> lying down, after [better]	P	
68	> sitting down, while [better]	P	
65	> before breakfast, fasting [better]	P	
74	> rubbing [better]	P	
117	> resting (not moving) [better]	P	
47	> swallowing [better]	P	
101	> sitting [better]	P	
71	> standing [better]	P	
107	> room [better]	P	
90	> warmth, in general [better]	P	
88	> weather / air, warm [better]	P	
35	> warmth, of room or stove [better]	P	
77	> warm, becoming [better]		
38	> warm, becoming heated in bed [better]	P	
30	> weather / air, wet, damp [better]	P	
55	> weather / air, dry [better]	P	
29	< teething, during, in children		
			Rubrics from Polarity-Analysis.com Software by Heiner Frei
			Polarity Analysis Training Inc www.polarityanalysis.com



Typical Repertorization

	Ars.	Ip.	Puls.	Phos.	Bell.	Ign.	Lach.	Rhus-t.	Calc.	Bry.	Cocc.	Verat.	Iod.	Lyc.	Sulph.	Spong.	Ant-t.	Nux-v.	Acon.	Kali-c.
Total	21	18	18	17	15	15	16	15	14	15	13	13	14	13	13	13	11	13	13	12
Rubrics	8	9	9	8	8	8	8	7	8	7	7	7	7	8	8	7	6	7	6	8
Kingdoms	Blue	Green	Green	Blue	Green	Green	Red	Green	Blue	Green	Green	Green	Blue	Green	Blue	Red	Blue	Green	Green	Blue
<u>MIND; AILMENTS from; grief, sorrow, care (87)</u>	Light Blue	Light Blue	Blue	Light Blue	Light Blue	Purple	Purple	Light Blue	Blue	Purple	Purple	Light Blue	White	Light Blue	Light Blue	White	White	Blue	White	Light Blue
<u>FEMALE; MENSES; frequent, too early, too soon; profuse, and (104)</u>	Blue	Blue	Light Blue	Blue	Blue	Blue	White	Blue	Blue	Blue	Blue	Blue	Blue	Light Blue	Light Blue	Light Blue	Blue	Blue	White	Blue
<u>CHEST; ANXIETY in; Heart, region of (135)</u>	Purple	Purple	Blue	Purple	Purple	Purple	Blue	Blue	Light Blue	Blue	Blue	Blue	Blue	Light Blue	Light Blue	Blue	Purple	Blue	Purple	Light Blue
<u>STOMACH; THIRST; heat; during (107)</u>	Purple	Blue	Blue	Blue	Purple	Light Blue	Blue	Blue	Blue	Purple	Blue	Light Blue	White	Light Blue	Blue	Light Blue	Light Blue	Purple	Purple	Blue
<u>MIND; RESTLESSNESS, nervousness; tendency; heat; with (87)</u>	Purple	Blue	Purple	Light Blue	Blue	Blue	Light Blue	Purple	Light Blue	Light Blue	Light Blue	White	Light Blue	Blue	Blue	Light Blue	Light Blue	White	Blue	Light Blue
<u>RESPIRATION; DIFFICULT (420)</u>	Purple	Purple	Purple	Purple	Blue	Blue	Purple	Blue	Blue	Blue	Blue	Purple	Blue	Purple	Purple	Purple	Purple	Blue	Blue	Purple
<u>RESPIRATION; DIFFICULT; menses; agg.; during (19)</u>	White	Light Blue	Light Blue	White	White	Light Blue	Blue	White	Blue	White	Light Blue	White	Blue	Light Blue	Light Blue	Purple	White	White	White	Light Blue
<u>GENERALITIES; AIR; open; amel. (211)</u>	Purple	Blue	Purple	Blue	Light Blue	Light Blue	Blue	Purple	Light Blue	Blue	White	Light Blue	Purple	Blue	Blue	Blue	White	Light Blue	Blue	Light Blue
<u>STOMACH; VOMITING; General; violent (51)</u>	Purple	Blue	Light Blue	Purple	Light Blue	White	Light Blue	White	White	White	White	Purple	Blue	White	White	White	Light Blue	Light Blue	White	Light Blue



Boenninghausen, Frei and PA for This Client?

Comparison Client														
Perimenopausal Anxiety and Hot flashes		27 Jul 2021	Acon.	Ip.	Bry.	Lyc.	Hyos.	Sep.	Puls.	Ign.	Rhus.	Cham.	Asar.	Calc.
Hits			10	10	10	10	10	10	10	10	9	9	9	9
Sums			29	26	26	22	19	21	24	17	29	29	18	22
Polarity Difference			12	12	10	5	4	3	-2	-5	19	15	14	13
61	sadness (dejection, inclined to weep)	P ⊗	4	1	2	3	1	2	3	4	3	3	1	2
84	menstruation, too early, too often	P ⊗	1	4	2	1	1	3	1	3	4	4	3	4
80	menstruation, profuse	P ⊗	1	4	3	2	3	3	2	1	2	3		4
28	< menstruation, at start [worse]	⊗	3	2	2	3	4	3	3	1		3	1	
84	heat, with thirst	P ⊗	4	1	3	2	3	1	2	1	4	3	2	4
58	movement, desire for	P ⊗	2	1	2	1	1	1	1	1	4	4	1	1
92	breathing, quickened	P ⊗	4	4	3	4	2	4	3	3	3	2	1	2
100	< breathing, in (inspiration) [worse]	P ⊗	4	3	4	3	2	2	1	1	4	3	3	3
93	> open air [better]	P ⊗	3	3	2	2	1	1	4	1	1		4	1
107	inclination to vomit	⊗	3	3	3	1	1	1	4	1	4	4	2	1
42	cheerfulness, happiness					2	3/CI		3	2				
69	menstruation, late, too seldom		3/CI		2	4/CI	2	4(CI)	4/CI	1	1	1		2
66	menstruation, too weak		2	1	1	3/CI	1	2	4/CI	2	1			1
83	heat, without thirst		1	2	1			3/CI	1	2	1	1		1
68	movement, aversion to		4/CI	1	2	3/CI	1	2	2	3/CI		1	1	1
63	breathing, slowed		1	3	3		2		1	3	1	1		1
33	> breathing, in (inspiration) [better]				1			2	3/CI	4/CI				
110	< open air [worse]			2	1	1	1	1	1	3/CI	2	3/CI		2

Polarity Analysis: Checklist of reliable Symptoms

Last Name, First Name: **Orientation Example Client / 77yo female** Date:

Diagnosis, Primary and Secondary Symptoms (description):

Post-covid, loss of hearing 90% R ear / 70% L ear, head feels empty, ear feels blocked, ache.
Clinical exam: bulging tympanum / not infected, just full. No fever.

Mark between 8 and 16 important symptoms that pertain to the current disease.
Symptoms are changes during a disease that differ from the healthy state.
The symptoms marked in Yellow are especially important and must always be asked.

Air/Weather/Temperature/Wrapping		
Desire for open air	Increased	Diminished
Open air	Improves	Aggravates
Room	Improves	Aggravates
Weather / air, wet, damp	Improves	Aggravates
Weather / air, dry	Improves	Aggravates
Weather / air, cold	Improves	Aggravates
Weather / air, wet-cold		Aggravates
Weather / air, warm	Improves	Aggravates
Cold in general	Improves	Aggravates
Cold, when getting cold	Improves	Aggravates
Warmth, in general	Improves	Aggravates
Warmly, from wrapping up	Improves	Aggravates
Uncovering	Improves	Aggravates
Position		
Lying position	Improves	Aggravates
Lying, on back	Improves	Aggravates
Lying, on side	Improves	Aggravates
Lying, on right side	Improves	Aggravates
Lying, on left side	Improves	Aggravates
Lying, on painful side	Improves	Aggravates
Lying, on pain-free side	Improves	Aggravates
Sitting	Improves	Aggravates
Sitting, bent over	Improves	Aggravates
Standing	Improves	Aggravates
Lying down, after	Improves	Aggravates
Rising from bed, after getting up	Improves	Aggravates
Rising from seat, after	Improves	Aggravates
Hang down, letting arm/leg	Improves	Aggravates
Movement		
Resting (not moving)	Improves	Aggravates
Movement	Desire	Aversion
Movement	Improves	Aggravates
Movement, of affected parts	Improves	Aggravates
Walking	Improves	Aggravates
Running, jogging		Aggravates
Stepping hard		Aggravates
Physical effort		Aggravates

Movement (contd.)		
Raising affected limb	Improves	Aggravates
Stretching out affected limb	Improves	Aggravates
Bending over, while	Improves	Aggravates
Sitting down, while	Improves	Aggravates
Rising from bed, while getting up	Improves	Aggravates
Rising from seat, while	Improves	Aggravates
Writing		Aggravates
Traveling (bouncing) in a car		Aggravates
Perception		
Light (bright)		Aggravates
Looking, eyes strained		Aggravates
Reading		Aggravates
Touch		Aggravates
Pressure, external	Improves	Aggravates
Rubbing	Improves	Aggravates
Head		
Warmly, from wrapping up head	Improves	Aggravates
Shaking head		Aggravates
Sneezing		Aggravates
Teething, during, in children		Aggravates
Talking, speaking		Aggravates
Mental effort		Aggravates
Eating and Drinking		
Swallowing	Improves	Aggravates
Chewing		Aggravates
Eating, before		Aggravates
Eating, during	Improves	Aggravates
Eating, after	Improves	Aggravates
Change of appetite	Hunger	No appetite
Desire to drink	Thirst	Thirst absent
Before breakfast, fasting	Improves	Aggravates
After breakfast	Improves	Aggravates
Food and drink, cold things	Improves	Aggravates
Food and drink, warm things	Improves	Aggravates
Drinking, while		Aggravates
Drinking, after		Aggravates



Eating and Drinking (contd.)		
Alcohol		Aggravates
Coffee		Aggravates
Milk		Aggravates
Saliva	Increased	Diminished
Breathing		
Breathing		Quickened
Breathing, in (inspiration)		Aggravates
Breathing, out (expiration)		Aggravates
Heart-Circulation		
Pulse	Too fast	Too slow
Pulse	Hard	
Digestive Tract		
Eruptions (burping)	Improves	Aggravates
Stool, before		Aggravates
Stool, during		Aggravates
Stool, after	Improves	Aggravates
Flatus, after discharge of	Improves	
Gynecology/Urology		
Menstruation	Too often	To rare
Menstruation	Too short	Too long
Menstruation	Profuse	Too weak
Menstruation, blood, clotted (lumpy)		Present
Menstruation worse	Before	At start
Menstruation worse	During	After
Sexual instinct	Strong	Weak
Menstruation, blood, acrid		Present
Urination	Scanty	Profuse
Urination	Frequent	Infrequent

Sleep		
While falling asleep		Aggravates
Sleep, during		Aggravates
While/after waking up		Aggravates
Mind and Intellect		
Irritability (anger, aggression)		Unusal
Sadness (dejection, inclined to weep)		Unusal
Solitude, being alone	Improves	
Company of people		Aggravates
Consolation		Aggravates
Grinding teeth		Present
Understanding		Difficult

Polarity Analysis: Checklist of reliable Symptoms

Last Name , First Name: **Brooke G**

Date: **May 30, 2020**

Diagnosis, Primary and Secondary Symptoms (description):

Anxiety, panic attacks for 4 years (no panic events prior to this). Began after episode with stranger giving homemade cookies, which she had tried to decline, fear of being poisoned, then panic attack. Usually triggered by some unexpected body sensation - fast heart rate or getting winded, or odd feeling. Also triggered by fear for kids health - almost always around a health topic. Fear to die, feeling as if will die. Anxiety every day, full panic attacks weekly.

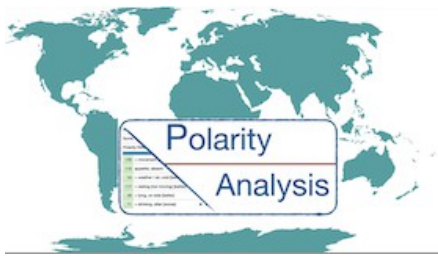
Mark **between 8 and 16 important symptoms** that pertain to the current disease.

Symptoms are changes during a disease that differ from the healthy state.

Air/Weather/Temperature/Wrapping			Movement (continued)		
Desire for open air	increased	diminished	Raising affected limb	improves	aggravates
Open air	improves	aggravates	Stretching out affected limb	improves	aggravates
Room	improves	aggravates	Bending over, while	improves	aggravates
Weather / air, wet, damp	improves	aggravates	Sitting down, while	improves	aggravates
Weather / air, dry	improves	aggravates	Rising from bed, while	improves	aggravates
Weather / air, cold	improves	aggravates	Rising from seat, while	improves	aggravates
Weather / air, warm	improves	aggravates	Writing		aggravates
Weather / air, wet-cold		aggravates	Traveling (bouncing) in a car		aggravates
Cold in general	improves	aggravates			
Cold, when getting cold	improves	aggravates	Perception		
Warmth, in general	improves	aggravates	Light (bright)		aggravates
Warmly, from wrapping up	improves	aggravates	Looking, eyes strained		aggravates
Uncovering	improves	aggravates	Reading		aggravates
			Touch		aggravates
			Pressure, external	improves	aggravates
Position			Rubbing	improves	aggravates
Lying position	improves	aggravates			
Lying, on back	improves	aggravates			
Lying, on side	improves	aggravates	Head		
Lying, on right side	improves	aggravates	Warmly, from wrapping up head	improves	aggravates
Lying, on left side	improves	aggravates	Shaking head		aggravates
Lying, on painful side	improves	aggravates	Sneezing		aggravates
Lying, on pain-free side	improves	aggravates	Teething, during, in Children		aggravates
Sitting	improves	aggravates	Talking, speaking		aggravates
Sitting, bent over	improves	aggravates	Mental effort		aggravates
Standing	improves	aggravates			
Lying down, after	improves	aggravates	Eating/Drinking		
Rising from bed, after	improves	aggravates	Swallowing	improves	aggravates
Rising from seat, after	improves		Chewing		aggravates
Hang down, letting arm/leg	improves	aggravates	Eating, before		aggravates
			Eating, during	improves	aggravates
Movement			Eating, after	improves	aggravates
Resting (not moving)	improves	aggravates	Change of appetite	hunger	no appetite
Movement	desire	aversion	Desire to drink	thirst	no thirst
Movement	improves	aggravates	Before breakfast, fasting	improves	aggravates
Movement, of affected parts	improves	aggravates	After breakfast	improves	aggravates
Walking	improves	aggravates	Food and drink, cold things	improves	aggravates
Running, jogging		aggravates	Food and drink, warm things	improves	aggravates
Stepping hard		aggravates	Drinking while		aggravates
Physical effort		aggravates	Drinking, after		aggravates

See Back for Continuation

This Polarity Analysis training program and the PA team acknowledge our debt of gratitude to Boenninghausen, Dr. Heiner Frei and his colleagues for decades of meticulous and insightful work. We are fortunate to stand on the shoulders of giants. We extend their accomplishments and contributions into daily practice by training practitioners like you!



Next Steps

- Read PA Text Chapters 1-2
- Practice using the PA software
- Read Heiner Frei's Website: www.heinerfrei.ch
 - Also see his videos on YouTube
- Bring Questions to next session or email in advance to polarityanalysis@icloud.com to be answered during the session